

7 Quick Diet Changes!

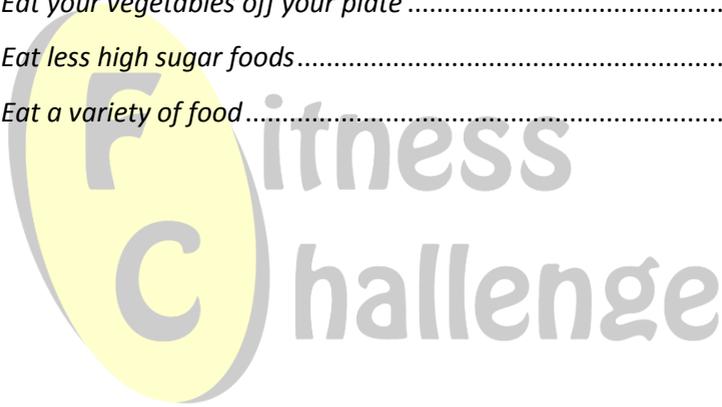
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fitness
challenge

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About Fitness Challenge

A common question that I am commonly asked is:

What is Fitness Challenge?

To answer that question, I tend to trace back the basic roots and remember WHY I created Fitness Challenge and that is for the sole purpose to HELP you. Each and every one of us (even the laziest people on earth) has their own fitness goals. Whether you admit it or not, everyone wants something more out of their body. Some people want to lose weight, gain muscle or even desire to improve their sports or exercise performance! Fitness Challenge was created for each and every one of you to challenge your body into achieving those goals. Helping everyone is indeed a huge goal for us and so there is no surprise to the next question that normally follows!

How will we do that?

KNOWLEDGE! We are here to provide everyone with knowledge. Through our blogs and books, we want to provide enough knowledge for everyone to start making the correct decisions. And we will provide this knowledge in the correct way, which is through SCIENTIFIC research. There will be no internet based research and fads that come and go with the blink of an eye. Just knowledge based on science! So keep visiting our website to keep reading our latest articles!

Other Services!

We are also offering Fitness Classes that will challenge your body through a new level of fitness.

Please contact us if you desire more information about our company. Thanks for visiting and remember to

CHALLENGE AND SUCCEED!

Darren Bezzina

Owner of Fitness Challenge

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Introduction

Choosing the right foods for your body has become quite a challenging task. We are living in a time where food exists in abundance. At every corner of every city, town or village, we find groceries, meat stores, fish stores, supermarkets, restaurants, take-aways, and plenty of other food stores! And the food is alarmingly cheap! Nowadays, you can get a burger from McDonalds for €1 and a bottle of coke for €1.50! That's not all however... food is also being '*engineered*' to taste really good!

So with all this delicious and cheap food, it's not surprising that many people are having a tough time choosing the **right** food. We are animals by nature and like animals we won't leave food on the plate even if we are full. At a party we will eat all the food that we can stuff in and don't let me get started about buffets! This only happens however if we choose to let our stomach do the thinking instead of our brain. This '*mindless eating*' is the reason to why there is an alarmingly increasing rate of obesity, diabetes and other food-related diseases. We are eating a lot more food (about 500 calories more than our great-great-parents did) but, we are still not taking the required nutrients. To eat these nutrients we need to let the brain do the thinking and eat in a smart way!

With this ebook you'll learn 7 quick changes you can easily make to your diet starting from this very moment. These changes will help you eat in a smarter way. Are you ready for a leaner and healthier body? Let's enjoy a lot of good foods together!

1: Eat More

Unlike what most diets suggest, you should actually eat more not less! Most diet plans force you to cut down calories until you almost starve to death. This will indeed lose you fat but you will also lose well-needed muscle. Why do we need muscle?

- Muscle protects you against injuries
- Gives a lean shape to our body
- Fires our metabolism up which in turn burns more calories.

Even if we lose fat, without muscle we have a greater likelihood of gaining more fat once we achieve our weight. So what should we do? Don't aim to lose weight on your scales. Instead aim to lose the evil fat. Measure your progress by measuring the inches of your hips and waist instead of using your scales.

2: Eat Protein

Protein is an essential nutrient needed by our body. Protein:

- Maintains and grows the size of our muscles,
- Increases the body's metabolism thus burning more fat,
- Makes you feel fuller more quickly than other nutrients thus slowing down the appetite,
- Produces neurotransmitters which improves cognitive performance (i.e. you will think better),
- Burns more calories to digest as it is harder for the body to digest protein.

Without the required amount of protein during intense training, you will eventually reach a plateau and no further improvement will be seen. Training, especially resistance training breaks down muscle fiber and without the required amino acids found in protein foods, the muscle cannot be repaired let alone grow. Protein also helps in the building of enzymes which are important to help you adapt and improve in your training.

Eat protein before and after a workout. Split a meal with 40g of protein taking half 30 minutes prior to the workout and the other half 30 minutes after the workout. A protein shake or bar is sometimes the most convenient however try to take your protein from foods. Whole foods in particular have higher nutritious values as they contain other nutrients.

A quick tip: eat a protein with a carbohydrate to help with your recovery.

#3: Eat Often

Aim for five to seven meals a day. When you skip a meal or don't eat for a certain period of time, the body's first reaction is to save up its energy stores it currently has thus reducing metabolism which in turn burns less and stores more fat. When there is a prolonged food shortage, the body will burn muscle tissue for energy which will further reduce the body's metabolism.

Start with a good breakfast and follow up with a snack-lunch-snack-dinner plan. Some athletes even aim for 7 to 8 meals. Try and plan your diet as without a planned diet, most people just nibble food and end up taking extra calories without taking any useful nutrients.

A small tip: make sure your snacks are packed with protein. Include dairy products and high protein food such as almonds and eggs.

#4: Eat Fat

Many people ban fat from their homes and barricade their fridges so that this '*monster nutrient*' does not enter their homes. However, this is not only an extreme overreaction (*I may also have exaggerated a little bit here*) but, it is also a bad decision for our bodies. Believe it or not we do need fat as this nutrient too has its benefits. Let's name just a few:

- Fat gives us a cushion against injuries
- Fat protects our internal organs
- Fat protects us from heat
- Fat makes you feel fuller quicker than carbohydrates thus reducing the risk to nibble less nutritious food after the meal.

#5: Eat your vegetables off your plate

People who eat two servings of vegetables a day reduces cognitive decline - in other words, your brain remains strong and young as you get older. Most effective brain boosters are the green leafy vegetables which are rich in folate and vitamin E nutrients. These nutrients fight oxidative stress and inflammation that ages your brain. Collard greens, kale, romain lettuce and spinach are some great examples of vegetables!

#6: Eat less high sugar foods

Eating foods with high sugar levels is related to obesity, heart diseases and diabetes. Another problem related to food with high sugar levels is related to lack of sleep. These foods are normally found in chocolates, flavoured foods, cereals, and processed foods. Eat less of these foods, especially in the evening, to sleep better and have more vivid dreams making you wake up feeling more refreshed.

#7: Eat a variety of food

By eating a variety of foods, you will gain all the benefits of many different foods:

- Foods containing protein, magnesium, iron and vitamin B will help battle against fatigue by providing us with energy. Improved focus was also reported when these nutrients were consumed making them essential tools during hard days at work.
- Calcium (found commonly in dairy products), various fruits and foods high in fiber, helps prevent the ever increasing risk of type 2 diabetes which can further lead to cardiovascular diseases and reduce the lifespan by an average of 13 Years.
- Leafy green vegetables (especially spinach) and beans are two foods that fight against damaged skin. The result? You will have fewer wrinkles as you get older!
- Orange-coloured foods such as sweet potatoes and oranges are good sources of vitamin C which produces collagen which strengthens our bones and also protects our skin and bones against old age.

- Eat plenty of tomatoes. These vegetables are loaded with lycopene and glutamic acid which help prevent prostate cancer. Carrots are also a good source of beta-carotene which also helps fight against prostate cancer.
- Drink milk and eat dairy products. These products contain calcium and vitamin D which strengthen our bones and thus reduce the risk of osteoporosis. Whole grains also contain the nutrient silicon which also helps strengthen the bones.
- Eat plenty of different fruits. During a stressing period, the hormone adrenaline charges your body and if you don't eat properly it will leave you drained out. Fruits, especially oranges (the vitamin C found in oranges lowers the stress hormone cortisol which breaks on muscle - one of the reasons why you gain fat during stress), contain sugar that will give you a burst of energy during times of stress.
- Eat grapefruits. Those who eat grapefruit experience lower blood pressure which is a precursor to the risk of stroke.
- Eat nuts and raw vegetables (cooking vegetables depletes up to 30 percent of the antioxidants found in vegetables). These two foods are reported to prolong your life.
- Eat healthy fats, especially omega-3 fatty acids to keep your brain active and sharp. The brain is made up of 35 percent of fatty acids and as we get older (or lose weight) we start to lose this fat as well. Omega-3 fatty acids are found especially in fatty fish such as tuna and sardines but they can also be found in certain nuts and seeds like flax and walnuts.

Thanks for purchasing and reading this book. I hope these changes can help you achieve your goals. If you have any enquires please don't hesitate to email us on db.fitnesschallenge@gmail.com or visit our website www.dbfitnesschallenge.com

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